



# How Your Donations Make a Difference

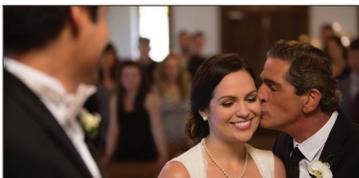


The **American Heart Association** funds research and education that have led to important advances, including the first artificial heart valve, CPR, pacemakers, cholesterol inhibitors, microsurgery, drug-coated stents, lifestyle changes and dramatic reductions in heart disease and stroke deaths.

Our **donors** help us pave the way for new advances in preventing, treating and even eradicating the No. 1 and No. 5 killers in America. Here are some examples of how your financial gift makes a difference:

- **\$25** helps us distribute nutrition and physical activity education kits to 10 elementary schools participating in Jump Rope For Heart or Hoops For Heart.
- **\$25** provides an AHA cookbook to a family that may not be able to buy one.
- **\$50** provides 10 hospital discharge toolkits to stroke survivors and their families.
- **\$125** provides Go Red For Women® education kits to help underserved women reduce their risk of heart disease.
- **\$250** helps us create delicious, heart-healthy recipes to help people eat more nutritious meals.
- **\$300** helps 20+ community members learn CPR skills using our CPR Anytime training kit.
- **\$625** will buy a CPR in Schools kit that can train hundreds of students in CPR, AED and choking relief.
- **\$650** helps a little one in an early childhood program get more nutritious foods and opportunities for physical activity.
- **\$1,000** provides 2,000 women with heart-health information and a personal record tracker.
- **\$2,500** provides direct one-on-one support, helpful information and a listening ear to 1,200 stroke survivors and their families.
- **\$10,000** funds two opportunities for a 10-week undergraduate research training program to encourage promising students from all disciplines, including women and minority groups underrepresented in the sciences, to consider research careers.
- **\$25,000** helps fund a one-year pre-doctoral fellowship to a student beginning a career in heart or stroke research.

Visit [heart.org/donate](http://heart.org/donate) to help save lives.



## Friends' birthdays... Family graduations... Beautiful sunsets... Goodnight hugs...

We want all people to experience more of life's precious moments with healthier hearts and minds. And we've already made an extraordinary impact on heart and brain health. But until the world is free of heart disease and stroke, we'll keep working to make a healthier, longer life possible for everyone.

**LIFE** is why.™ **YOU** are why.



life is why™